



# S.O.A.P. Bible Study Method

**S** – Scripture

**O** – Observation

**A** – Application

**P** – Prayer

## Scripture

First, you will read at least one complete chapter in the Bible (choose a book and focus on at least one chapter each day). Select a verse(s) that you will write out by hand in your notebook or journal. Think about the words as you are writing them.

## Observation

Next, you will summarize (using your own words) the chapter and the verse(s) you wrote by hand. To help you with this you might use the following 6 questions (you can find many of these answer by using a good Bible commentary, Study Bible, or an online study resource.)

- **Who** wrote this, or who is this Bible verse mentioning in the passage?
- **What** is the verse really saying to you?
- **Where** was this Bible verse written?
- **Why** was this included in the Bible?
- **How** can you apply this verse to your life?
- **When** was this passage written, and what was life like then?

## Application

Now, you want to determine how to apply these Bible verse(s) to your life. Make this very practical and personalize for you. Ask a few questions when you are studying the Bible verse. Try some of these questions to help guide you in the right direction as you read the Bible.

- How is God speaking to you?
- Why do you think God led you to those Bible verses?
- How can you apply what you've read to your life?
- What can you relate to the most in this passage?
- How do you think the author felt when he was writing this verse?
- How could you reword this Bible verse to make more sense or to be more applicable to your life?

## Prayer

Finally, you want to pray about what you've read and studied. Ask God to help you best understand and apply what you've read to your life in the way He wants, not the way you want. You might consider writing your prayer out in your notebook or journal.



## An Example of the S.O.A.P. Bible Study Method

**S— Philippians 4:6-8** Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

**O—** My initial thoughts are that God is with us always, so we shouldn't worry. Instead, we just need to pray to Him, offering praise, thanksgiving, and any prayer requests we may have. God can alleviate our bodies from any anxiety (How awesome is that?). We won't always understand how He does it, but He gives us peace. We just need to focus on what's right. Paul wrote this chapter from jail, was wanting to be released so that he could spread the Good News and was thankful for those in Philippi who followed God. Philippi was in Greece and was the first place Paul preached in Europe. Paul was even happy in jail and full of joy because of the kindness people showed him. These verses, which we are studying, were attempts by Paul to teach others about how to be acceptable to God. He was still spreading the Word of God in jail, even though he thought he might die soon! That's amazing!

**A—** I find these verses comforting because they tell us that we shouldn't be anxious and worrisome. We just need to pray continuously, even though we don't always accept the answers we get from God.

**P—** Lord, my prayer is that I would always turn to You when trouble or worry comes my way. Please bless me and give me the strength I need to worship You in the way that I should. Help me have a spirit like Paul, who was full of joy even during his darkest times. Whatever Your will for me is, please take control of my life and help me to remember you have my best interest in mind, always! Amen.